

Full Report (All Nutrients) 35166, Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Report Date: July 16, 2017 02:59 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1	g	56.49	1	--
Energy	kcal	206	--	--
Energy	kJ	862	--	--
Protein 1	g	35.19	1	--
Total lipid (fat) 1	g	7.26	1	--
Ash 1	g	2.75	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca 1	mg	69	1	--
Iron, Fe 1	mg	1.50	1	--
Magnesium, Mg 1	mg	39	1	--
Phosphorus, P 1	mg	350	1	--
Potassium, K 1	mg	470	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na 1	mg	600	1	--
Zinc, Zn 1	mg	1.10	1	--
Copper, Cu 1	mg	0.148	1	--
Manganese, Mn 1	mg	0.051	1	--
Selenium, Se 1	µg	44.8	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin 1	mg	0.021	1	--
Riboflavin 1	mg	0.358	1	--
Niacin 1	mg	13.100	1	--
Pantothenic acid 1	mg	0.656	1	--
Vitamin B-6 1	mg	0.182	1	--
Folate, total 1	µg	4	1	--
Folic acid	µg	0	1	--
Folate, food 1	µg	4	1	--
Folate, DFE	µg	4	--	--
Choline, total 1	mg	106.9	--	--
Betaine 1	mg	5.0	1	--
Vitamin B-12 1	µg	7.43	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	19	--	--
Retinol	µg	19	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	63	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) 1	mg	0.45	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta 1	mg	0.00	1	--
Tocopherol, gamma 1	mg	0.00	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Tocopherol, delta 1	mg	0.00	1	--
Vitamin K (phylloquinone) 1	µg	0.0	1	--
Lipids				
Fatty acids, total saturated	g	1.480	--	--
8:0 1	g	0.000	1	--
10:0 1	g	0.000	1	--
12:0 1	g	0.000	1	--
14:0 1	g	0.210	1	--
15:0 1	g	0.030	1	--
16:0 1	g	1.060	1	--
17:0 1	g	0.000	1	--
18:0 1	g	0.180	1	--
20:0 1	g	0.000	1	--
22:0 1	g	0.000	1	--
24:0 1	g	0.000	1	--
Fatty acids, total monounsaturated	g	2.290	--	--
14:1 1	g	0.000	1	--
15:1 1	g	0.000	1	--
16:1 undifferentiated 1	g	0.250	1	--
17:1 1	g	0.000	1	--
18:1 undifferentiated 1	g	1.250	1	--
20:1 1	g	0.460	1	--
22:1 undifferentiated 1	g	0.300	1	--
24:1 c 1	g	0.030	1	--
Fatty acids, total polyunsaturated	g	2.210	--	--
18:2 undifferentiated 1	g	0.100	1	--
18:3 undifferentiated 1	g	0.100	1	--
18:4 1	g	0.100	1	--
20:2 n-6 c,c 1	g	0.020	1	--
20:3 undifferentiated 1	g	0.020	1	--
20:4 undifferentiated 1	g	0.110	1	--
20:5 n-3 (EPA) 1	g	0.600	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
21:5 1	g	0.020	1	--
22:4 1	g	0.000	1	--
22:5 n-3 (DPA) 1	g	0.170	1	--
22:6 n-3 (DHA) 1	g	0.970	1	--
Cholesterol	mg	93	--	--
Amino Acids				
Tryptophan 1	g	0.350	--	--
Threonine 1	g	1.530	--	--
Isoleucine 1	g	1.450	--	--
Leucine 1	g	2.510	--	--
Lysine 1	g	2.740	--	--
Methionine 1	g	0.910	--	--
Cystine 1	g	0.250	--	--
Phenylalanine 1	g	1.390	--	--
Tyrosine 1	g	1.150	--	--
Valine 1	g	1.720	--	--
Arginine 1	g	2.010	--	--
Histidine 1	g	0.820	--	--
Alanine 1	g	2.110	--	--
Aspartic acid 1	g	3.260	--	--
Glutamic acid 1	g	4.510	--	--
Glycine 1	g	1.870	--	--
Proline 1	g	1.700	--	--
Serine 1	g	1.320	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD